MANGO HABANERO SALSA

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JUMP TO RECIPE

This fresh and vibrant mango habanero salsa is the PERFECT blend of sweet and spicy. It's so delicious, bursting with flavour, and totally addictive. Plus, it's quick and easy to make, with just 7 ingredients required.

Hi, I'm Rosa! Welcome to This Healthy Kitchen where you'll find tasty and nutritious, plant based recipes with tons of gluten free and oil free options too! Always made using wholesome ingredients, and under 400 calories per serving. Occasional cheat days included. 😄

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POPULAR

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Air Fryer Hash Browns From Scratch [Oil Free Option]

This recipe was originally published in July 2019. It has been updated for content and photos.

While homemade salsa is commonly enjoyed in the summer months, there's no reason you can't whip this up at any time of year.

Vegan Cauliflower Buffalo Wings – Oven or Air Fryer

Almond Flour Peanut Butter Cookies [Gluten Free]

Air Fryer Baked Apples [Tastes like apple pie!]

Air Fryer Pineapple (Tastes Like Grilled)

Overnight Chia Pudding – Plus 10 Flavours!

The Fluffiest Vegan Pancakes Ever [and SO easy!]

This mango habanero salsa is so easy to make and so incredibly delicious. It'd really be a shame to reserve it for only a select few months of the year.

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It's naturally vegan and gluten free, making it suitable for all sorts of eaters. Plus it's oil free, low in calories, virtually fat free, and made using wholesome ingredients.

▼ Jump to:

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- 📖 Recipe

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WARM WEATHER FAVS! 🥳

The Best Vegan Grillable Seitan Burger

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Vegan Chicken Burgers [GF + Oil Free]

Mango Habanero Salsa

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5 SECRETS TO VEGAN COOKING!

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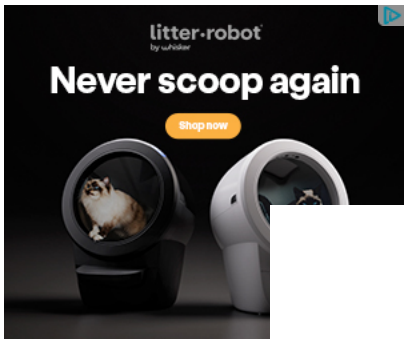
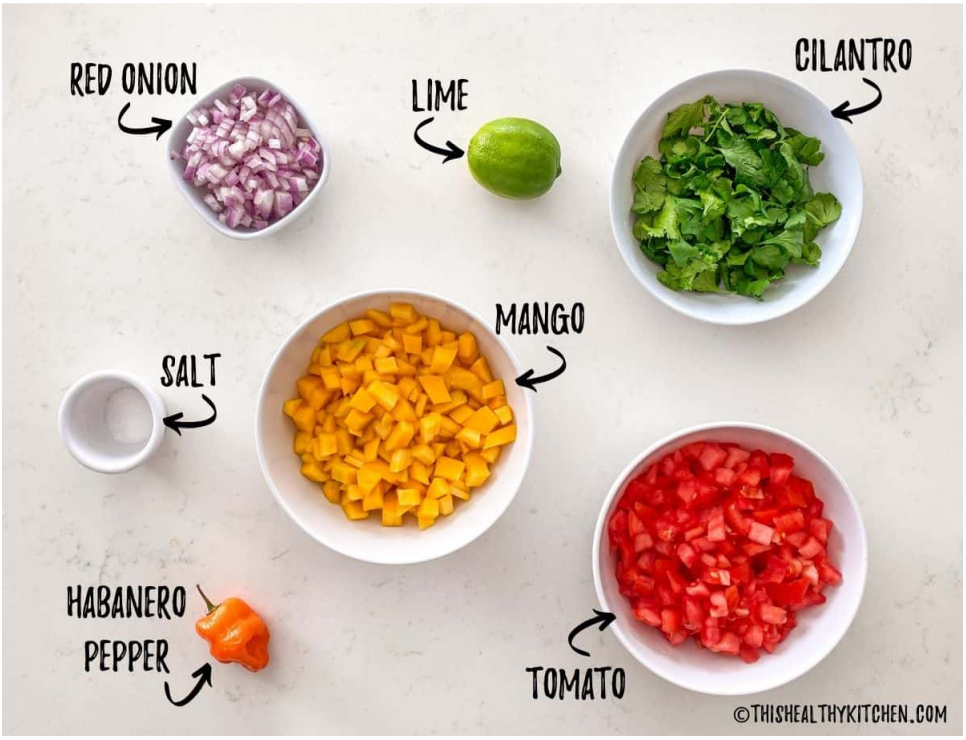


INGREDIENTS + SUBSTITUTIONS

Here's everything you'll need:



See recipe card for quantities.

- **Mango**: Make sure to use **ripe** mango to maximize the sweetness. If you do not have fresh available, you may use frozen instead. Make sure to fully thaw the mango chunks and then dice.
- **Habanero pepper**: A very spicy pepper, so we're only using 1 which is enough to add kick and heat to this dish, without overpowering the flavours. If you prefer less spice, you may use jalapeno peppers instead. You may also remove the seeds from the habanero, or only use half of the pepper.
- **Tomato**: Use firm, but ripe tomatoes. I like roma tomatoes since they are firm and have less water. This will help prevent your salsa from getting overly liquidy as it rests.
- **Red onion**: Adds a zesty flavour, and is preferred over white or yellow when used raw. If you don't like raw onion, you may omit.

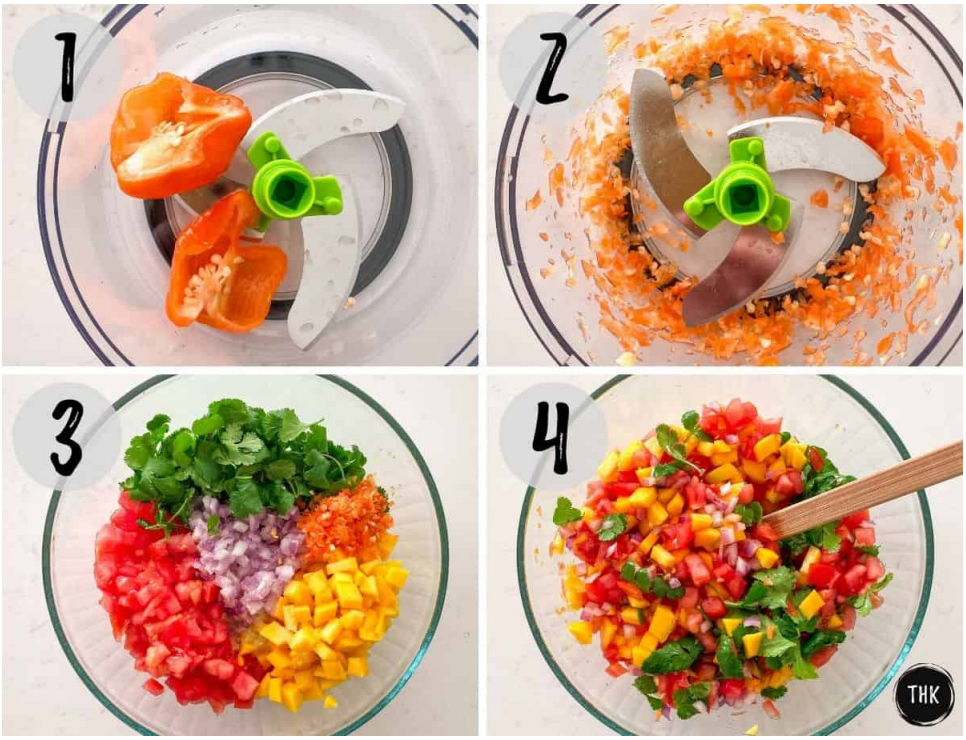
- **Cilantro**: Adds fresh flavour to your spicy mango salsa and I highly recommend it. But if you're not a cilantro fan, (or if you're part of the population for whom cilantro tastes like soap) you may either sub with parsley, or omit.
- **Lime + salt**: Add citrus and flavour and brings the dish together. You may add more or less, to taste.

INSTRUCTIONS

(This is a summary with step by step photos, full recipe measurements and instructions are in the recipe card below.)

Use a small food processor to finely chop the habanero pepper. ***(photos 1-2)***

Then add all the ingredients to a mixing bowl and stir to combine and evenly distribute the flavours. ***(photos 3-4)***



Serve immediately, or refrigerate for 1 hour to chill.

Enjoy!

HOW TO SERVE IT

- Serve your mango habanero salsa on a platter with corn chips, tortilla chips, black bean chips, or crackers.
- Use as a burger topping, or top your grilled tomatoes or portobello mushrooms.
- Add it to tacos, nachos or burritos, or topped on a burrito bowl.
- Use it to top my chickpea "meat"loaf.

Get creative! Let me know how you enjoy this salsa in the comments below. 🙂

VARIATIONS

Peach Habanero Salsa: Use fresh ripe peaches (or frozen, but thawed) in place of the mango.

Pineapple Habanero Salsa: Use fresh and ripe diced pineapple in place of the mango. (Frozen and thawed pineapple will work, too.)

Jalapeno Mango Salsa: Omit the habanero pepper and use jalapeno instead for a less spicy salsa.

Sweet Mango Salsa: Omit the habanero and use red bell peppers instead. You may also add 1-2 tablespoons of maple syrup for extra sweetness if preferred.

STORAGE

This mango habanero salsa recipe is best enjoyed when freshly made. It will get watery as it sits, but will still taste fantastic.

If you have leftovers, store them in a sealed container in your fridge and enjoy them within 2-3 days.

I do not recommend freezing this salsa.

EXPERT TIPS

- **If using frozen mango**, make sure to completely thaw first.
- **For less heat**, remove the seeds of your habanero pepper or use jalapeno pepper instead.
- **Wear gloves when handling spicy peppers**, if possible, and make sure to thoroughly wash your hands when you're done. Avoid touching your face.
- **If you don't have gloves**, try using a sheet of plastic wrap around your hands.

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Dill Pickle White Bean Hummus [Oil Free]

Oil Free Cowboy Caviar Dip

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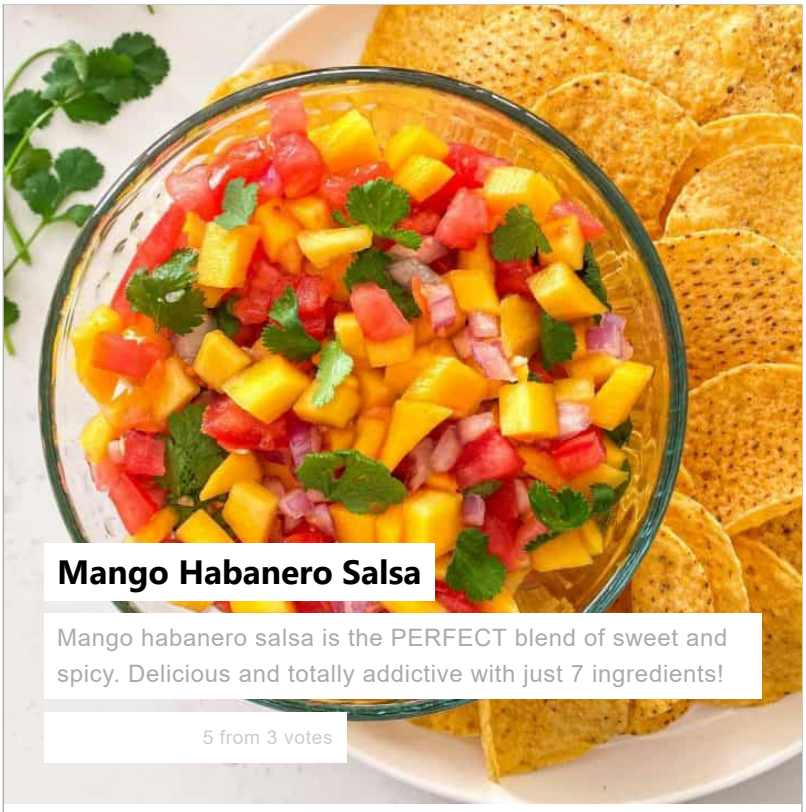
Venezuelan Guasacaca [Wasakaka]

If you tried this recipe, please let me know about it in the comments below. I always love hearing from you! Don't forget to Subscribe to This Healthy Kitchen to be among the first to get my new recipes! You can also **FOLLOW ME** on Facebook, Instagram, Pinterest and Twitter to see more delicious food and get all the latest updates.

Buon appetito

Rosa

📖 RECIPE



Mango Habanero Salsa

Mango habanero salsa is the PERFECT blend of sweet and spicy. Delicious and totally addictive with just 7 ingredients!

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Prep Time:	Cook Time:	Total Time:
15 minutes	0 minutes	15 minutes

Course: Appetizer, Dip
Cuisine: American, Canadian, Latin, South American
Servings: 6 Servings Calories: 43kcal Author: Rosa

Ingredients

- [ ] 1 ¾ cups diced mango from approx. 1 large, ripe mango
- [ ] 1.5 cups diced tomato from approx. 2 roma tomatoes
- [ ] ½ cup red onion diced
- [ ] 1 habanero pepper very finely chopped
- [ ] ½ cup fresh cilantro chopped (loosely packed, thick stems removed)
- [ ] 2 tablespoons lime juice approx. 1 large lime
- [ ] ½ teaspoon sea salt or to taste

Cook Mode Prevent your screen from going dark

Instructions

1. If you have a small food processor, I highly recommend using that to finely chop your habanero pepper. This minimizes touching the pepper with your hands. Remove the stem and cut the pepper in half. Then process.
2. If you do not have a small processor, you may cut by hand. However, I recommend wearing gloves when handling hot peppers, if possible. Make sure to thoroughly wash your hands after chopping.
3. Add all the chopped ingredients, lime juice, and salt to a medium bowl and mix well to evenly distribute the flavours. Serve immediately, or refrigerate for 1 hour to chill.

Notes

If using frozen mango, make sure to completely thaw first.

For less heat, remove the seeds of your habanero pepper or use jalapeno pepper instead.

Wear gloves when handling spicy peppers, if possible, and make sure to thoroughly wash your hands when you're done. Avoid touching your face.

If you don't have gloves, try using a sheet of plastic wrap around your hands.

Nutrition

Calories: 43kcal | Carbohydrates: 11g | Protein: 1g | Sodium: 198mg | Potassium: 207mg | Fiber: 2g | Sugar: 8g | Vitamin A: 940IU | Vitamin C: 28mg | Calcium: 14mg

DID YOU TRY THIS RECIPE?

Mention @this.healthy.kitchen on IG and tag #thishealthykitchen!

*Nutritional information is an estimate, calculated using online tools and does not include optional ingredients unless otherwise indicated.

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Sweet Potato Spaghetti [Aglio e Olio] »

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David Noel March 03, 2022 at 1:47 pm

★★★★★

Rosa, what a fantastic recipe! Love it! I made it exactly how you have it posted. So easy to make and the flavors are wonderful together! This is a recipe to keep! Thank you for the awesome recipes you share!

REPLY

Rosa March 04, 2022 at 8:22 am

Thrilled to hear that David. Thank you so much for taking the time to leave a review. 🙂

REPLY

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